

Every Woman Can Be Her Own Beauty Doctor If She Desires

Spring Coat Suit.



This neat and practical little street suit was made of beige chifon broadcloth with trimmings of black satin. The high-waisted coat was fastened with a band and button of the black silk. Narrow little revers of the silk with pipings of beige taffeta and narrow straps of the same over the shoulders completed the trimming of the coat. This opened wide over a narrow-gored skirt devoid of trimming save for the sash of heavy black satin ribbon, knotted low and falling nearly to the skirt hem. The little turban worn with this was new and fetching. The crushed crown was of soft fine yedda braid. The turned-up brim and rosette at side were of beige satin, finely gathered on wires with puffs between.



Y skin is so dreadfully dry. Do tell me what to do for it," is a piteous plaint frequently addressed to Daphne Dean. And her invariably reply is something like this: "Some skins are naturally dry, but very many others have dryness thrust upon them by the use of hard water, alkaline soaps, astringent complexion tonics and exposure to wind and weather. Then, shocking as it may seem, very few women really wash their faces. Oh, yes, they wash according to their lights; but, judging from the results, it is often a light that fails. But think not, maiden, how so fair thou art, that your skin will look soft and radiant unless you take the very best care of it, for it won't. To bring about the desired effect the face should be scientifically cleansed at least once a week and every night if one has the time and sufficient strength of mind and stickiness to carry on the good work. Of course, to have a specialist massage the face is the ideal way. For stretched out in a reclining chair with the eyes closed, nerves relaxed, a ministering angel indeed is the fair beauty doctor. Still, every woman can be her own doctor. Here's the prescription: Wash the face first with soft place of cloth, old linen preferably, dipped in a basin of tepid water in which has been dropped a half teaspoonful of 5 per cent carbolic acid solution. Rub on the cloth a little good castle soap and go gently over the entire surface of the face, under the chin and about the ears. Then with

the tips of the fingers apply with a rotary motion some reliable complexion cream. Knead this lightly into the skin, always using an upward sweeping movement, taking particular pains to massage the parenthesis marks about the nose, the cheeks a kind of pinching and pressing motion with the thumb and first finger is best, and about the temples describe little circles with the tips of the fingers in the temple area. The forehead is rubbed smooth with a rotary motion, always with the upward sweep of the stroke harder than the downward.

Around the corners of the eyes only the tips of the fingers may be used. Under the throat the stroke must be firm and strong, going upward toward the ear to prevent the flesh from gathering beneath the chin point. Now it is time to apply the hot face cloth. This is done by doubling a cloth several times that has been dipped in hot water and wrung sufficiently to prevent the water from dripping. This compress is pressed closely to the face and another cloth placed over it to retain the heat over the face as long as possible. The compress is allowed to remain on for about five minutes. The face is then wiped and cream is applied. The first described is another hot compress is followed by a cold one, to the water of which ten drops of toilet benzoin have been added. After removing the cloth and wiping the face an astringent tonic is applied with a soft sponge, and a little alcohol is poured in the palm of the hand and rubbed over the chin several times to prevent too solid flesh from accumulating in this very undesirable location. A slight sprinkling of talc or powder to remove the shine is now necessary if the massaging has been done during the day. And be careful to use the right shade of powder, for a brunette to use powder intended for a

peaches and cream complexion is fatal, and vice versa. If these directions are followed the face is not only thoroughly cleansed, but if kept up regularly a decided improvement will be noticed in the appearance of the skin. A good thing to do at night is to rub cold cream into the palms of the hand, and, forming a cuplike hollow, strike the cheeks vigorously about twenty times in succession. This will fill out the cheeks and make them round and firm.

Some complexions are greatly improved by giving up war ablutions entirely and by being cleansed with cream, but most women are averse to doing away with the pleasant freshness that water gives, and others find that opening the eyes repeatedly under water tones and brightens them and preserves the sight.

The daily use of some kind of cream is indispensable to the dry skin, and when a cream is found which the skin readily absorbs it should be adhered to and applied daily by means of gentle massage to nourish the subcutaneous tissues. The objection often urged that any agent is apt to encourage the growth of hair beside the mouth can easily be overcome by cleansing that part of the face with a mild soap and water. A word as to the method of employing face cream so as to obtain the best results. Three kinds of cream should be chosen—thin, soft cream for the cleansing the skin, a nutritive skin food for the massage and a non-greasy cream for application after the face is washed.

Lent is favorite season for women to get themselves into good physical condition. The comparative cessation of gayeties gives greater opportunities not only to rest up, but to take courses of health and beauty treatment, either at home, in classes or professionally.

DAFNE DEAN.

Dinner Toilet.



Pale blue satin liberty was used for the pretty dinner gown in the accompanying sketch. The lines are unusually graceful, becoming and unexaggerated. Soft folds of the satin were drawn over the shoulder and held by the broad girde of satin, embroidered in gold. A band of this embroidery outlined the slightly low neck. The entire front of the bodice was formed of horizontal tucks of blue tulle. Blue tulle also served for the little transparent sleeve. The skirt was a perfectly plain four-gore model, with seam in front and the hem topped by a piping of the satin.

All womankind seem to rejoice at the return of the small and medium-sized hats to popular favor. Cord trimming, either covered or dyed to match the material, is almost as popular as soutache braid.

Look Pretty at Breakfast.

THE woman who looks pretty at the breakfast table is always well groomed at thirty-eight and makes the family beauty look dowdy and dilapidated beside her. She is full of life and spirit when the rest of the family feel good for nothing as they look at her.

How does she manage it? Why do some women go through life, however pretty they may be, without that air of freshness and vigor between 8 and 10 a.m.? It is a matter, first of all, of health; secondly, of method, and, thirdly, of disposition. The pretty girl may outshine us all when arrayed in the glory of a party gown, but the really healthy woman has her innings at the breakfast table.

No morning headaches, no restless nights and no morning "lumps"! Perfect digestion, a good night's sleep and healthy circulation are the first essentials to good looks and charm at the breakfast table. The best of all cosmetics from the breakfast table point of view. The pitiless sunbaker always leaves little lines every shadow. Toilet lotions and face powders are only so-called at 8 in the morning. But a good night's sleep smooths out the face the next day. The prettiest girl of twenty would look haggard and old if she did not get the very best of the face the next day. The prettiest girl of twenty would look haggard and old if she did not get the very best of the face the next day. The prettiest girl of twenty would look haggard and old if she did not get the very best of the face the next day.

woman who is her very best in the morning never lies long abed. She is called and is out of bed a good hour before breakfast is due. She takes a tepid bath and a cold sponge after. She probably has fifteen minutes' Swedish drill, or breathing exercise. She has time, too, to put her clothes on smartly and to hang by a thread. Better still, she dresses her hair as carefully as if she were going to a ball. And she has brushed fifteen minutes the night before. So she is just as neat as a new pin, and her coiffure has all the gloss of the hairdresser's art. She can then enter the dining room with the assurance that she is carefully dressed and well turned out. But milliners are agreed unanimously that the best at the breakfast table is the bright woman, the unselfish, tactful, lovable woman who knows how to smooth the irascibility of other people because she makes allowances. She knows her husband's or brother's short temper is due to the fact that he has only a minute if he is to catch a train or trolley.

So she sets herself to look after everybody else, and her more presence makes the family table a sunny day in winter. She is the center from which all the brightness radiates to every member of the breakfast table.

Fashionable coats for spring show many of the features that have been popular throughout the late winter.

White net gumples, touched with the color of the gown, are the latest wrinkle for yokes, collars and sleeves.

Easter Luncheon Decorations.

A DECORATION for an Easter luncheon table that is both new and smart is to fill a low silver bowl with pansies of all colors. If the stems are not especially long, a piece of wire netting can be placed over the top of the bowl and pansies stuck in it.

The effect is enhanced if the bowl is set on a large, round mirror, surrounded with a border of small ferns. At each place have a small pot of growing pansies, which may later be given as souvenirs. These look well if the pots are set in small paper cases made of stiff cardboard covered with silver paper.

Should there be a guest of honor her plant may be larger than the others or the case may be a small silver jardiniere. The candle shades should carry out the predominant color of the pansies. Silver candlesticks should be used, if possible, but effective shades can be made of white paper garlanded with artificial pansies.

Let is the most conspicuous thing among the new trimmings, and it is being used in millinery to a great extent.

Any woman who has a collection of cameos would do well to have them set and mounted in a close-fitting necklace.

nearest relative would not recognize you in it unless he got a full view of your face. These confections are like the old-fashioned bonnets of long ago and frame the face in the same coat style, and not only is the face obscured, but the model droops so low at the back of the head that the hair and neck are concealed. The new bonnet has fascinating strings of tulle or ribbon that are brought from the back and tied in a full bow under the chin.

A delightful cabriolet shape shown me at another shop was of a soft, pliable straw braid in a light tan shade. The straw braid was scantily-plaited about the face, and under the brim was a frill of one egg and sugar to make very sweet. Freeze.

Make a plain paste, roll thin and cut into four-inch squares. On each square put a large spoonful crushed and sweetened pineapple (if very juicy it should be drained) and a teaspoonful butter. Fold the squares into triangles, pinching the edges together firmly so they will not come apart. After pinching together brush the fold over with water. Now bake in the oven or fry in deep hot fat. Serve warm with powdered sugar dusted over them.

Make the shells put two tablespoons butter over the fire, with one cupful cold water and a pinch of salt. When it boils, stir in a cupful of sifted flour, stirring in one direction until the mixture forms a paste and clings to the sides of the pan. Set aside to cool.

Add four eggs, one at a time, beating steadily. Spread the paste on buttered flat tins in circular shape, and far enough apart to keep from touching. Bake about half an hour in a good oven until well risen and a golden brown, then shut off the heat from the oven and leave the doors open so the eclairs may cool gradually. When cool and just before serving, split and fill with a half pint cream whipped

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MANY MODELS FREAKISH, BUT MORE CONVENTIONAL HATS WILL COME LATER.

Special Correspondence of The Star.
NEW YORK, March 20, 1909.
HAVE just come back from an inspection of spring hats, and as I wended my way homeward in a taxicab a mental register of my thoughts would read somewhat like the following: "Women may some day (heaven save the mark) dominate politics with the ballot, but at the present moment they don't even dominate their own personal affairs in the matter of clothes. Why," said a suffragette to me the other day, "men not only dictate to us what we shall eat, being all male bakers, butchers and grocers, but they dictate everything we shall wear." Yes, I agreed, "men dictate to us what we shall wear, from puffs and hats to dresses and shoes. This assertion is more ridiculous than anything women have been called upon to wear for years in the way of headgear folly. Some of the new models rival in absurdity the 'Merry Widow' of last season."

The new piece of sensationalism, however, does not score as did the "widow" in circumference, but in attitude. It arises perpendicularly from the face to quite an extraordinary height. Yes, indeed; the caricaturists are going to have fine sport with the huge turbans and the "chopping bowl" hat which, when worn in side in shirred silk, suggests a birdcage, when of coarsely plaited and intricate straw, a workbasket, and when of lighter guile shade, in reality this "chopping bowl" model is a big, overshadowing, curved top affair, and as I said, looks like an inverted bowl with a submerged human face inside it. Every possible material seems to be used for the making of this remarkable

chapeau, from the most flimsy lace and gauze to utilitarian pongee and linen. Even when carried out in straw the effect is wonderful, for in many instances the straw is manipulated to resemble the twist and where the braid itself cannot be depended upon to manipulate the border of straw are distributed over the hat to help out the effect of eccentricity. But milliners are agreed unanimously that the shape is becoming and chic. This particular hat when seen in perfection shades the face and points to the eyes. It is not unduly large, and it is quite round in its normal state, with its curved brim of straw or plaited straw, and as I said, looks like a full crown. But there are others.

It is an undoubted fact that these exaggerated "chopping bowl" hats are not every woman's wear. At a smart 5th avenue establishment I saw two hats of the kind just described. One of these might possibly have been called "chopping bowl," but the description would not be correct, for it was just an inverted bowl. The brim was of closely plaited straw and the crown of black velvet spotted tulle over a gold tissue. The second hat was still more bowl-like, with a huge crown of black velvet and a border of roses all round the brim. The only other trimming was a wide band of black velvet ribbon, which was carefully twisted about the crown and then knotted at the back, the ends falling over the back of the dress.

Colors did not like the "chopping bowl" and are young and pretty enough, there is for you a bonnet shape—cabriolet, it is called—in which you can lose your identity so completely that your nearest relative would not recognize you in it unless he got a full view of your face. These confections are like the old-fashioned bonnets of long ago and frame the face in the same coat style, and not only is the face obscured, but the model droops so low at the back of the head that the hair and neck are concealed. The new bonnet has fascinating strings of tulle or ribbon that are brought from the back and tied in a full bow under the chin.

I inquired of a famous artistic milliner whether the large hat was out of the running. "The big hat that was thrown out of the back door recently by the fashionable now returns by the front door," was her phrasing of the situation. To substantiate her claim madame produced a charming large black crinoline hat trimmed with big silver edelweiss and its foliage in gray velvet; also a rose-colored crinoline chapeau wreathed with black ferns. So it looks as if the millinery the coming spring and summer will still be between the large and small hat. CATHERINE TALBOT.

around which were bouquets of tiny roses, buds and forget-me-nots placed in a prim little row. The ties on this bonnet were of green velvet ribbon. Such a creation would be prettiness itself on the right girl, but it is a style that is not to be rashly chosen. I inquired of a famous artistic milliner whether the large hat was out of the running. "The big hat that was thrown out of the back door recently by the fashionable now returns by the front door," was her phrasing of the situation. To substantiate her claim madame produced a charming large black crinoline hat trimmed with big silver edelweiss and its foliage in gray velvet; also a rose-colored crinoline chapeau wreathed with black ferns. So it looks as if the millinery the coming spring and summer will still be between the large and small hat. CATHERINE TALBOT.

THIS IS THE TIME TO PRESERVE THE SUB-ACID PRODUCTS OF THE TROPICS.

IN March the winter's last wild throes are seen. With days of sunlight coming in between! A strange commingling of heat and cold. And howling winds that sweep the barren world. The bluest month of all the varied year. But at its close the bare hills appear.

CLARENCE HAWKES.

SUNDAY MENU.

BREAKFAST.
Oranges.
Cereal.
Codfish Balls.
Omelette.
Popovers.
Coffee.
DINNER.
Fruit Cocktail.
Barley Soup.
Olives.
Radishes.
Roast Chicken.
Cranberry Jelly.
Sweet Potatoes.
Fried Hominy.
Pineapple Pudding.
Black Coffee.
SUPPER.
Scalloped Oysters.
Celery.
Baking Powder Biscuits.
Honey.
Pineapple Cake.
Tea.

OUR own winter fruit, the world-famed American apple, begins to lose its greatest excellence—the delicious sub-acid products of our tropic confines begin to come into the markets in abundance and so reasonable as to be within the reach of all.

Now is the time to put up your store of orange marmalade. Now is the time to eat freely of pineapples, though the strawberry pines that are coming in just now are not as good for canning as the richer sugar loaf that comes later. This is the time, too, to be looking up your recipes for candying April violets and turning April's sunny faced dandelions into a wholesome and medicinal beverage.

Busy days for the housewife, but when there are days that are not busy for the woman who loves her home and delights in seeing that every one in it is comfortable, well cared for and their special tastes remembered? And first the orange marmalade. While the genuine Bitter Scotch marmalade is prepared only from the Seville oranges which are not always easy to obtain, ordinary oranges combined with a few lemons or grape-fruit make a good substitute.

next morning put over the fire and simmer gently until the strips of rind are tender. Add seven pounds granulated sugar and continue the cooking, stirring often, until the strips are transparent, and the sirup when cooled of a jelly-like consistency.

Partly cool in the kettle, then pour into glasses. This hardens after standing. Do not cover at once, but allow to thin. To seal properly, fit a round of paper to each glass, dip in brandy, put over the fruit, then adjust the covers or seal the top with paper moistened with white of egg.

Riverside Marmalade.

A Riverside orange marmalade that has an excellent reputation among all who have ever tried it is made in this way: Slice a half dozen navel oranges and two lemons and let stand over night in two quarts of cold water. The slicing is done with a very sharp knife, first taking off the thick ends. The remainder of the fruit is then cut in halves longitudinally. Then resting the flat side of the fruit on a plate, each half is held and sliced thin, making half circles in the peel which look very pretty in the completed marmalade. In the morning the fruit and water are boiled for forty-five minutes, after which five pounds of sugar heated in the oven is added, and the whole allowed to boil twenty minutes longer. The strips of

peel should be transparent and the jelly a fine amber in color.

Rhubarb and Orange Jam.

Wash three pounds young rhubarb and cut in pieces about 2½ inches in length. Put three pounds oranges in the preserving kettle with cold water to cover and simmer three hours. Drain the oranges and cut up in four pieces. Put six pounds crushed and granulated sugar in the preserving kettle with just enough water to prevent sticking, and stir with a wooden paddle until it reaches the boiling point. Add the rhubarb and rhubarb, stir until boiling, move to the edge of the fire and simmer fifteen minutes.

Turn into jars, but leave until cold before covering with disks of paper dipped in brandy. This is an old English recipe and an excellent one.

How to Eat the Delightful Pineapple.

While the small rose-tinted strawberry pineapple now coming into the markets is not as good for preserving as the sugar loaf that comes later, it is excellent for the table eaten in its natural state and yields itself with infinite grace to the concoction of various dainty dishes and desserts. Those who have eaten pineapples in their native country tell us brave stories of their luscious consistency and flavor. They say can take a teaspoon into a vine apple field and eat the delicious pulp from the rind as we do oranges; and until we have so enjoyed them we do

not know the possibilities of pineapples. Pineapples, according to connoisseurs, should not be sliced for immediate eating. Neither should they be peeled.

Having selected a ripe pineapple (a green one is rank poison), cut off the stem. Then cut the crown of the pineapple into the shallow pit from which the crown has been twisted, drive two strong skewers down through the center where they are bored and cut down to the bottom. Now pull the skewers apart, splitting the pine asunder from stem to crown.

These halves are then quartered and again divided, giving eight slices in all, without losing a drop of juice.

Put the pineapple halves in a bowl, using the rind and eye as conveyor and convenient handles for conveying the pulp to the mouth. If the pineapple is very ripe, few would voluntarily go back to the old method of slicing.

Hawaiian Pineapples.

New American canning plants in Hawaii are sending us some of the most delicious fruit in the world. The pines are large, tender, rich and totally lacking the tough woody fiber that makes so many varieties of the canned pines more or less of a disappointment. The fruit is allowed to come to a bromatary and ripe on the island, when at its best and sent from six minutes from the time it makes its appearance in the market.

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